



Sacha Thompson

LEADERSHIP COACH | DEI CONSULTANT | SPEAKER



Experiential Learning Sessions

WHAT WE OFFER

DEI BASICS

In this workshop, attendees will understand the concepts of diversity, equity, and inclusion. They will become more knowledgeable on the nuances of diversity, understand the differences between equity and equality, and the importance of inclusion in the workplace.

INCLUSIVE COMMUNICATION

This session will raise awareness and understanding of the importance of inclusive language. Participants will develop cultural humility by listening to the feelings, experiences and perspectives of others. They will also learn how to share their own culture, feelings, experiences, and perspectives in a safe and productive way. Participants will walk away equipped to challenge behaviors and language in the workplace in a constructive manner.

GENERATIONAL DIVERSITY

Participants in this session will become more familiar with the thematic characteristics of the five generations in the workplace. They will understand the differences in experiences, perspectives, leadership, and communication styles. They will begin to identify the unconscious biases in generational diversity, and the barriers and challenges they may cause in the workplace.

UNDERSTANDING IDENTITIES

This session outlines the visible and non-visible components of an individual's identity. They will begin to explore how someone's identity influences their beliefs, values, and assumptions regarding diversity. They will have a better understanding of the diversity, dynamics, and variety within each identity's culture.

MICROAGGRESSIONS

Participants will become familiar with the different types of microaggressions and how they surface in the workplace. They will begin to understand the effects of microaggressions and how to safely respond to or challenge them.

PSYCHOLOGICAL SAFETY FOR PEOPLE LEADERS

In this session, participants will become familiar with the 4 Stages of Psychological Safety. They will begin to understand how psychological safety impacts inclusion efforts and walk away with tangible ways to increase psychological safety that can be implemented immediately.

- 60 to 90 minutes -virtual or in-person
 - Sessions can be combined for 1/2 day experiences
- Capacity
 - 25 attendees virtual or 45 in person
- Investment
 - Contact us for pricing
 - info@theequityequationllc.com

BIOGRAPHY

MEET SACHA

Sacha Thompson is the CEO of **The Equity Equation**, a boutique inclusive culture consulting and coaching firm, and the **Equity Leadership Institute**, an inclusive leadership development firm, both in the Washington, DC area. With 20+ years of experience within the education, non-profit, and tech industries, Sacha's work is about removing barriers or providing support to achieve equity. She helps her clients by filling the gap between where they are now and where they want to be. Clients will reach their highest potential by identifying where growth is desired and setting goals & objectives while holding themselves accountable. She was most recently featured in Forbes, Newsweek, and Business Insider and was a contributor on MSNBC's The Cross Connection.

Sacha is an International Coaching Federation (ICF) Associate Certified Coach, Certified Professional Diversity Coach, 4 Stages of Psychological Safety Certified Coach, Maslow Certified Leadership Coach, and Maslow Certified Executive Culture Coach. Sacha received her bachelor's degree in Sociology, concentrating on Cultural Diversity & Ethnicity, and a Master's in Educational Policy, Planning, and Leadership from The College of William and Mary. She has also acquired her Masters of Business Administration from Johns Hopkins University, where she focused on management and marketing.

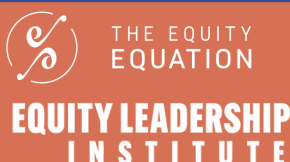


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